

BROOME COUNTY OFFICE FOR AGING

Nutritional Information

Menu for September 3, 2012 to September 7, 2012

At the Office for Aging, we are committed to offering a variety of menu choices that are tasty, affordable, and meet your daily dietary needs. We are providing nutrition information to help you make food choices that increase your enjoyment of your meals and promote healthier food-related decisions.

Monday, September 3	Calories
Closed	
For	
Labor Day	

Tuesday, September 4	Calories
Sloppy Joe Sandwich	526
Cream of Broccoli Soup	122
Grape Juice	71
Summer Snowball Cookie	171

Wed., September 5	Calories
Roast Beef w/ Gravy	183
Mashed Potatoes	105
Cauliflower w/ Parsley	16
Chilled Pears	39

Thursday, September 6	Calories
Baked Ziti w/ Meat Sauce	581
Italian Style Green Beans	23
Tossed Salad	105
Orange Fruited Gelatin	85

Friday, September 7	Calories
Fish Florentine OR Chicken w/ Orange Glaze	170 or 179
Brown Rice Pilaf	205
Mixed Vegetables	59
Black Forest Brownie	187

Offered Daily	Calories
1% Milk	110
Margarine	36
Bread or Roll	60-171

Daily Caloric Requirements

	Men over 50	Women over 50
Not Active	2,000	1,600
Moderately Active	2,200—2,400	1,800
Active	2,400-2,800	2,000

Nutrition analysis provided by CBORD

www.eatright.org, 4/10

PLEASE NOTE THAT ALL AMOUNTS GIVEN FOR CALORIES ARE APPROXIMATE

